

Statistics Report 01293, Yogurt, Greek, plain, whole milk
Report Date: July 16, 2017 18:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	81.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Energy	kcal	97	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Energy	kJ	406	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Protein	g	9.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Total lipid (fat)	g	5.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Ash 1	g	0.72	18	0.010	0.64	0.78	10.0	0.697	0.74	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	3.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Sugars, total	g	4.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Minerals													
Calcium, Ca	mg	100	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Iron, Fe	mg	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Magnesium, Mg 1	mg	11	18	0.056	10	12	7.0	10.51	10.774	1	Analytical or derived from analytical	--	06/2015
Phosphorus, P 1	mg	135	18	0.535	130	142	8.0	133.493	135.949	1	Analytical or derived from analytical	--	06/2015
Potassium, K 1	mg	141	18	0.514	132	145	14.0	140.019	142.22	1	Analytical or derived from analytical	--	06/2015
Sodium, Na	mg	35	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Zinc, Zn 1	mg	0.52	18	0.004	0.49	0.6	7.0	0.507	0.525	1	Analytical or derived from analytical	--	06/2015
Copper, Cu 1	mg	0.017	18	0.000	0.01	0.02	6.0	0.016	0.017	1	Analytical or derived from analytical	--	06/2015
Manganese, Mn 1	mg	0.009	18	0.000	0.01	0.01	7.0	0.008	0.01	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Selenium, Se 1	µg	9.7	9	0.118	9.3	10.2	2.0	9.232	10.206	1	Analytical or derived from analytical	--	06/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Thiamin 1	mg	0.023	9	0.002	0.02	0.03	2.0	0.016	0.03	1	Analytical or derived from analytical	--	06/2015
Riboflavin 1	mg	0.278	9	0.007	0.25	0.3	2.0	0.251	0.304	1	Analytical or derived from analytical	--	06/2015
Niacin 1	mg	0.208	9	0.006	0.19	0.23	3.0	0.19	0.227	1	Analytical or derived from analytical	--	06/2015
Pantothenic acid 1	mg	0.331	6	0.001	0.33	0.34	1.0	0.316	0.347	1	Analytical or derived from analytical	--	06/2015
Vitamin B-6 1	mg	0.063	9	0.001	0.06	0.07	3.0	0.061	0.065	1	Analytical or derived from analytical	--	06/2015
Folate, total	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, food	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	01077	06/2015
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Choline, total 1	mg	15.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin B-12 1	µg	0.75	9	0.009	0.36	0.97	5.0	0.726	0.777	1	Analytical or derived from analytical	--	06/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Retinol 1	µg	1	3	--	0	2	--	--	--	1	Analytical or derived from analytical	--	06/2015
Carotene, beta	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	01077	06/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, IU	IU	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin E (alpha-tocopherol) 1	mg	0.01	9	0.000	0.01	0.01	6.0	0.01	0.012	1	Analytical or derived from analytical	--	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D (D2 + D3)	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D2 (ergocalciferol) 1	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin D3 (cholecalciferol) 1	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin D 1	IU	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin K (phylloquinone) 1	µg	0.0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Lipids													
Fatty acids, total saturated	g	2.395	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
4:0 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
6:0 1	g	0.051	9	0.000	0	0	4.0	0.002	0.003	1	Analytical or derived from analytical	--	08/2015
8:0 1	g	0.086	9	0.000	0	0.01	4.0	0.004	0.005	1	Analytical or derived from analytical	--	08/2015
10:0 1	g	0.264	9	0.001	0.01	0.02	3.0	0.011	0.015	1	Analytical or derived from analytical	--	08/2015
12:0 1	g	0.127	9	0.000	0	0.01	4.0	0.006	0.007	1	Analytical or derived from analytical	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1	g	0.316	9	0.000	0.01	0.02	5.0	0.014	0.017	1	Analytical or derived from analytical	--	08/2015
15:0 1	g	0.067	9	0.000	0	0	4.0	0.003	0.004	1	Analytical or derived from analytical	--	08/2015
16:0 1	g	1.000	9	0.002	0.03	0.06	6.0	0.045	0.053	1	Analytical or derived from analytical	--	08/2015
17:0 1	g	0.060	9	0.000	0	0	3.0	0.002	0.004	1	Analytical or derived from analytical	--	08/2015
18:0 1	g	0.422	9	0.001	0.01	0.02	5.0	0.019	0.022	1	Analytical or derived from analytical	--	08/2015
20:0 1	g	0.003	9	0.000	0	0	2.0	-0.001	0.001	1	Analytical or derived from analytical	--	08/2015
22:0 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
24:0 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fatty acids, total monounsaturated	g	2.136	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
14:1 1	g	0.018	9	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
16:1 undifferentiated 1	g	0.049	9	0.000	0	0	5.0	0.001	0.004	1	Analytical or derived from analytical	--	08/2015
16:1 c 1	g	0.044	9	0.000	0	0	4.0	0.001	0.003	1	Analytical or derived from analytical	--	08/2015
16:1 t 1	g	0.005	9	0.000	0	0	2.0	-0.001	0.001	1	Analytical or derived from analytical	--	08/2015
17:1 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated 1	g	0.993	9	0.001	0.03	0.06	5.0	0.045	0.052	1	Analytical or derived from analytical	--	08/2015
18:1 c 1	g	0.879	9	0.001	0.03	0.05	4.0	0.04	0.046	1	Analytical or derived from analytical	--	08/2015
18:1 t 1	g	0.114	9	0.001	0	0.01	2.0	0.003	0.008	1	Analytical or derived from analytical	--	08/2015
20:1 1	g	0.034	9	0.001	0	0	2.0	--	0.004	1	Analytical or derived from analytical	--	08/2015
22:1 undifferentiated 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:1 t 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
24:1 c 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated	g	0.469	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
18:2 undifferentiated 1	g	0.209	9	0.001	0.01	0.02	4.0	0.008	0.013	1	Analytical or derived from analytical	--	08/2015
18:2 n-6 c,c 1	g	0.209	9	0.001	0.01	0.02	4.0	0.008	0.013	1	Analytical or derived from analytical	--	08/2015
18:2 CLAs 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:2 t not further defined 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:3 undifferentiated 1	g	0.023	9	0.001	0	0	2.0	-0.001	0.003	1	Analytical or derived from analytical	--	08/2015
18:3 n-3 c,c,c (ALA) 1	g	0.023	9	0.001	0	0	2.0	-0.001	0.003	1	Analytical or derived from analytical	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:3i 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:4 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:2 n-6 c,c 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:3 undifferentiated 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:3 n-6 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:4 undifferentiated 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:5 n-3 (EPA) 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:4 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:5 n-3 (DPA) 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA) ¹	g	0.004	9	0.000	0	0	2.0	-0.001	0.001	1	Analytical or derived from analytical	--	08/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Cholesterol	mg	13	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16g, 2012 Beltsville MD